



## QUICK START GUIDE

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## Product Description

The Cornerstones4Care® Powered by Glooko application allows people with diabetes to sync data from their meter(s), insulin pump, and/or continuous glucose monitor (CGM) to their compatible Android or Apple (iOS) device(s). With multiple viewing options, Cornerstones4Care® Powered by Glooko helps people with diabetes and their healthcare providers visualize fluctuations in their glucose data based on integrated or manually added carb intake, insulin and medication dosage, and fitness and health activity. All diabetes data can be shared with their care team through email or fax, and/or healthcare providers can view their patient's diabetes data directly in the professional Glooko web app.

## Intended Use

Glooko is a data management software intended for use in home and professional settings to aid individuals with diabetes and their healthcare professionals in review, analysis and evaluation of device data to support an effective diabetes management program. Glooko connects to compatible diabetes medical devices and trackers to allow users to transfer their data to the Glooko system.

Glooko is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice.

## Warnings

The Glooko® device system for Glooko Application does not measure, interpret or make decisions on the data it conveys nor is it intended to provide automated treatment decisions or be used as a substitute for professional judgment. All medical diagnosis and treatment are to be performed under the supervision and oversight of an appropriate healthcare provider.

# 1. How to Start Using Cornerstones4Care® Powered by Glooko®

Cornerstones4Care® Powered by Glooko allows people with diabetes to sync data from their blood glucose (BG) meters, insulin pumps, continuous glucose monitors (CGMs) and popular health and fitness apps – and securely share that information with their healthcare teams. With multiple viewing options, Cornerstones4Care® Powered by Glooko provides insights into glucose data fluctuations based on integrated or manually added lifestyle events, including exercise, food, carbs and medications.

## 1.1. Device Compatibility

Glooko supports iOS devices running 10.0 or later and Android devices running 5.0 or later.

To determine your diabetes device compatibility, reference the [Cornerstones4Care® Powered by Glooko Compatibility](#) page.

### MeterSync Blue

The MeterSync Blue is a Bluetooth device used with BG meters that are not Bluetooth-enabled to upload diabetes device data to the Cornerstones4Care® Powered by Glooko app. For detailed instructions on how to pair the MeterSync Blue to your mobile device, click [here](#).

### Glooko Uploader

If your diabetes device is not compatible with your smartphone, and the Uploader option is available according to the Cornerstones4Care® Powered by Glooko Compatibility page, you can install the Glooko Uploader to upload your data using your computer. To install the Glooko Uploader, click [here](#).

**NOTE:** When prompted for account credentials, enter the credentials associated with your Cornerstones4Care® Powered by Glooko account.

## 1.2. Upload and View Your Diabetes Data

Once you have determined your diabetes device compatibility and which method you will use to upload your data, follow the steps below to begin uploading your diabetes data to your Cornerstones4Care® Powered by Glooko account:

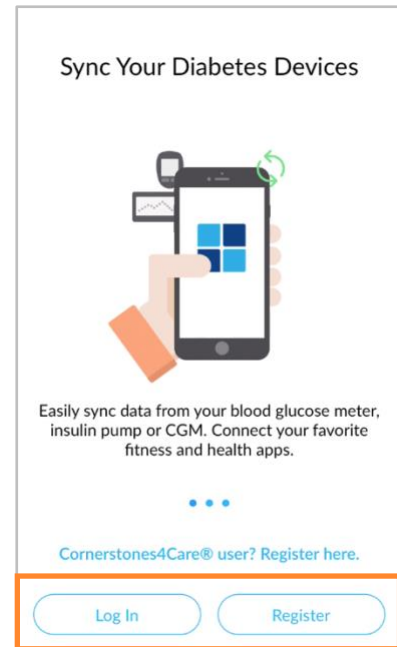
### Step 1: Log into your Account

To access your Cornerstones4Care® Powered by Glooko account, first install the app from the [App Store](#) or [Google Play](#).

If you already have a Cornerstones4Care® Powered by Glooko account, tap **Log In**. Next, enter your login information and tap **Log In** again.


If you are a new Cornerstones4Care® Powered by Glooko user, you can sign up for an account in one of the following ways:

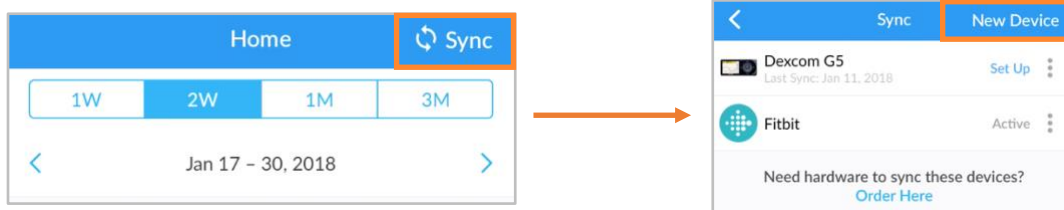
- Tap **Register** and follow the on-screen prompts to create a new account.
- If you are a Cornerstones4Care® user, you can sign up for an account using your [cornerstones4care.com](#) login information by tapping the **Cornerstones4Care® user? Register here** link and following the on-screen prompts.



### Step 2: Upload your Diabetes Device Data

After you have logged into the Cornerstones4Care® Powered by Glooko app, you can upload your data to your account.

From the Home screen, tap  **Sync**. Next, select your device or tap **New Device**, then follow the on-screen prompts to sync your device and upload your data.



**NOTE:** If you need to order syncing hardware, tap **Need hardware to sync these devices? Order Here** or select **Order Sync Hardware** from the side navigation bar (≡) on Android devices or the More menu on iOS devices.

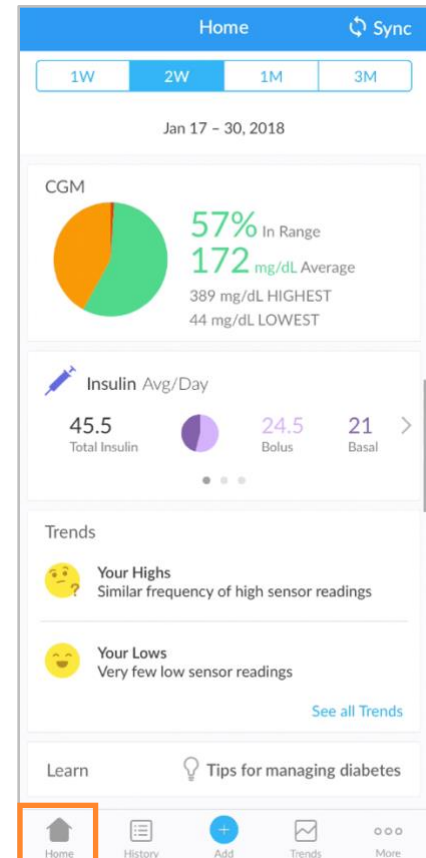
## Step 3: View your Diabetes Data

Once your data has been uploaded, it is available for you to view in the Cornerstones4Care® Powered by Glooko app.

Toggle between the different screens for multiple views of your data – and generate [reports](#) to print, share or save that data.

To learn more, see [View Graphs and Trends](#).

**NOTE:** All of your insulin data will be grouped together as **Insulin**, unless you have insulin pump and Smart Pen (and/or manually entered) insulin data. In that event, insulin pump data will display as **Insulin - Pump** while Smart Pen (and/or manually entered) insulin data will display as **Insulin - Other**.



## 2. Cornerstones4Care® Powered by Glooko

### App Overview

There are a number of Cornerstones4Care® Powered by Glooko app features that add value to your diabetes management program and enable Cornerstones4Care® Powered by Glooko to more seamlessly integrate with your lifestyle. By taking advantage of these features, you can easily track, upload and share your diabetes data wherever you are.

#### 2.1. Manage Profile

In your Profile, you can view and update your personal details, add a ProConnect Code, manage your device settings and more.

To access your Profile, select **Profile** from the side navigation bar (≡) on Android devices or the More menu on iOS devices, and toggle between the Personal, Devices and Settings tabs.

#### Personal

In Profile > Personal, you can view and update your basic demographic information, add a ProConnect Code and log out of your account.

To update your information, tap an item to change the selected value. Tap **Done**, if applicable, to register your changes.

#### Add a ProConnect Code

If your healthcare provider(s) also use Glooko, you can add their ProConnect Code(s) to your account to automatically share your diabetes data with them via the secure cloud.

**NOTE:** You can add up to five (5) ProConnect Codes to your account.

To add a ProConnect Code:

1. In Profile > Personal, tap **ProConnect**.

Personal	Devices	Settings
Name		Lucy Test
Email		blue-thompson-360@example.com
Type of Diabetes		Type 2
Gender		Female
Date of Birth		Jan 1, 1970
Height		5'6"
Weight		160.0 lbs
Country		
ProConnect		>
<a href="#">Log out</a>		

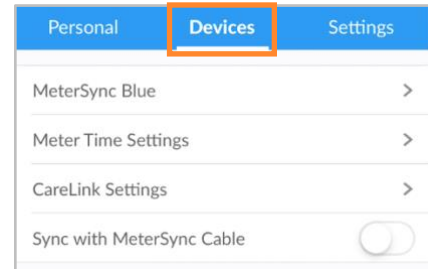


2. Tap **+ ADD CODE**.
3. When prompted to confirm if you would like to proceed, tap **Continue**.
4. Enter the ProConnect Code.
5. Tap **Submit**.
6. Tap **OK** to save.

## Devices

In Profile > Devices, you can set up a [MeterSync Blue](#) device, view Meter Time Settings, connect a CareLink account and toggle MeterSync cable syncing on or off.

To update your Devices, tap an item and change the settings as needed. Tap **Done**, if applicable, to register your changes.



## Connect to CareLink

You have the option to connect a CareLink Personal account to Cornerstones4Care® Powered by Glooko to sync data from CareLink once per day.

To connect a CareLink Personal account:

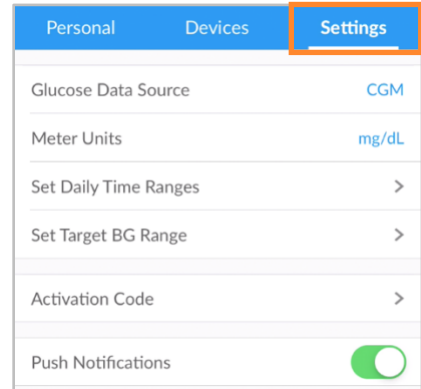
1. In Profile > Devices, tap **CareLink Settings**.
2. Tap **Connect Account**.
  - If you have an existing CareLink Personal account, tap **Log into CareLink**.
  - If you do not have an existing CareLink Personal account, tap **Create a CareLink Account** to create a new account.
3. Follow the on-screen prompts to register and/or connect your account.

**NOTE:** To sync data from your Medtronic pump using a MiniMed Connect Uploader or CareLink USB, pair your pump to the MiniMed Connect mobile app or sync using the CareLink web app.

## Settings

In Profile > Settings, you can view and update your Cornerstones4Care® Powered by Glooko account settings, including your Glucose Data Source, Meter Units, Daily Time Ranges and Target BG Range. You can also manage push notifications for your Cornerstones4Care® Powered by Glooko mobile app.

To update your settings, tap an item to change the selected value. Tap the **checkmark (✓)** or **Done**, if applicable, to register your changes.



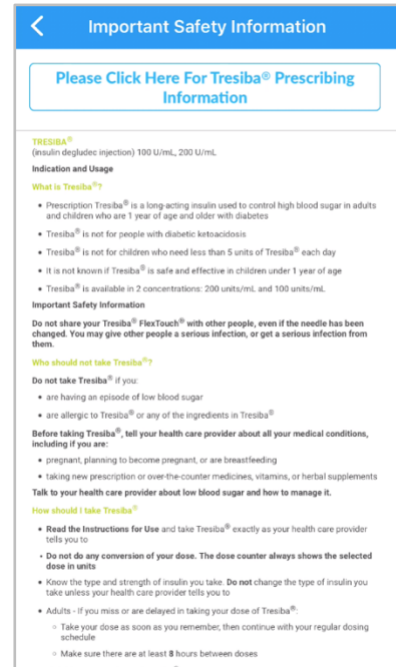
## 2.2. Indications & Important Safety Information

You can view the Indications & Important Safety Information for any of the Novo Nordisk insulins and medications listed in the Cornerstones4Care® Powered by Glooko app.

To access Indications & Important Safety Information:

1. Select **Indications & Important Safety Information** from the side navigation bar (≡) on Android devices or the More menu on iOS devices.
2. Tap a product name, and the Important Safety Information for that product will display.
3. Tap the **back arrow** (<) to return to the list of products.

**TIP:** You can also view this information when a Novo Nordisk product is selected in the [Add Event](#) menu as long as **Done, Don't Show Again** was not selected previously.



## 2.3. Prescribing Information

You can view the Prescribing Information for any of the Novo Nordisk insulins and medications listed in the Cornerstones4Care® Powered by Glooko app.

To access Prescribing Information:

1. Select **Prescribing Information** from the side navigation bar (≡) on Android devices or the More menu on iOS devices.
2. Tap the **Prescribing Information** link below a product name, and the Prescribing Information for that product will display.
3. Tap the **back arrow** (<) to return to the list of products.



**NOTE:** Internet connectivity (WIFI or cellular network) is required to download and display the Prescribing Information documents.

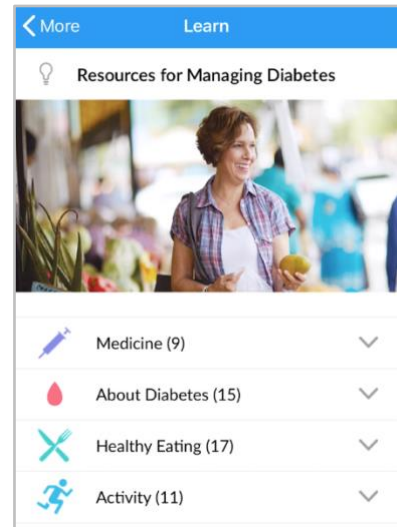
**TIP:** You also have the option to tap the **Prescribing Information** link when a Novo Nordisk product is selected in the [Add Event](#) menu.

## 2.4. Learn

Learn articles can be found throughout the Cornerstones4Care® Powered by Glooko app and are meant to serve as helpful resources for managing diabetes. The Learn Index displays articles in four categories: Medicine, About Diabetes, Healthy Eating and Activity.

To access Learn content:

1. Select **Learn** from the side navigation bar (≡) on Android devices or the More menu on iOS devices.
2. Tap the **down arrow (▼)** to expand a category and view all related article titles.
3. Tap an article title to view the article content.
  - Tap the **back arrow (<)** to return to the previous screen.
  - Tap **See All** to be taken to the Learn Index to view additional content.
  - Tap **Previous Article** or **Next Article** to view the previous or next article in the Learn Index.



**NOTE:** You can also access Learn content by tapping an article name anywhere you see the Learn banner within the Cornerstones4Care® Powered by Glooko app.

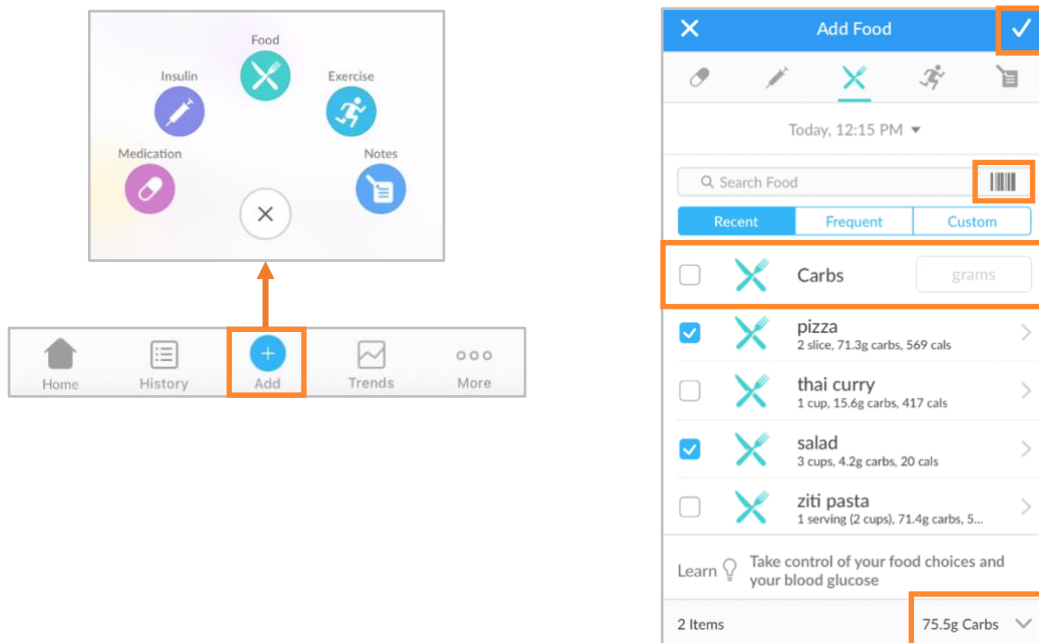
## 2.5. Add Events

Lifestyle events, including Medication, Insulin, Food and Exercise, as well as custom Notes, can be added to your Cornerstones4Care® Powered by Glooko app so that they can be viewed alongside blood glucose data to reveal trends and patterns.

To add an event:

1. Tap **Add (+)** on the primary navigation bar.
2. Select the type of event: **Medication, Insulin, Food, Exercise** or **Notes**.
3. Tap the **date/time** field and adjust the date and time of the event, if necessary.
4. Search for and/or select (from your Recent, Frequent or Custom lists) the item(s) you would like to include in the event and add all relevant details. Tap **Done** and/or the **plus (+)** symbol to add the item(s).
  - To add multiple events (of different types) at the same time, toggle between the event types at the top of the Add Event menu and add items as needed.
5. Tap the **checkmark (✓)** at the top-right of the screen to save your event(s).

**TIP:** When adding a Food event, you can search for the item, select from Recent or Frequent items, add a Custom item, add a quick Carbs entry or use the bar code scanner (by tapping the **bar code** icon in the search bar) to scan or manually enter the bar code of the item. As foods are added, total carbs will display at the bottom of the screen (expand for calories, fat and protein).



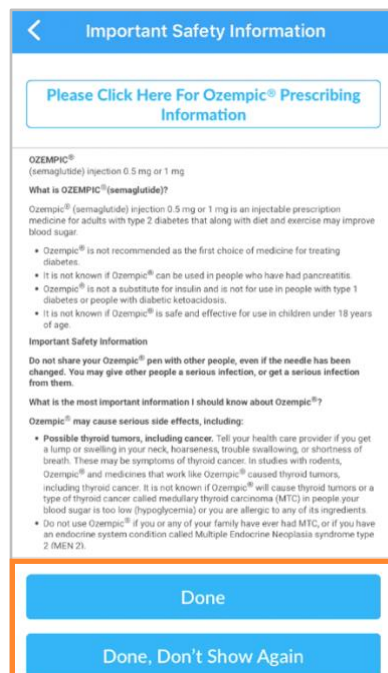
## Important Safety Information

When you select a Novo Nordisk product in the Add Events menu, the Important Safety Information will display as long as **Done, Don't Show Again** was not selected previously.

You will be presented with the following options:

- **Done:** Tap this to close the Important Safety Information window. The next time you select this product, this information will display again.
- **Done, Don't Show Again:** Tap this to close the Important Safety Information window and disable this pop-up in the future. The next time you select this product, this information will not display.

**NOTE:** You can always access [Indications & Important Safety Information](#) from the side navigation bar (≡) on Android devices or the More menu on iOS devices, regardless of which option is selected here.

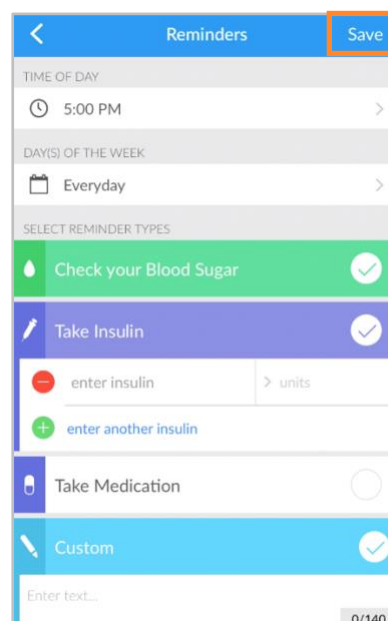


## 2.6. Set Reminders

You can set reminders to Check Your Blood Sugar, Take Insulin, Take Medication or set a Custom reminder from within the Cornerstones4Care® Powered by Glooko app. You will be alerted via push notification on your mobile device at the specified reminder time.

To create a reminder:

1. Select **Reminders** from the side navigation bar (≡) on Android devices or the More menu on iOS devices.
2. Tap the **plus (+)** symbol at the top-right of the screen to create a new reminder.
3. Configure the reminder settings:
  - **Time of Day:** Tap and scroll to select the time of day the reminder should occur.



- **Day(s) of the Week:** Tap to place a checkmark (✓) beside the day(s) of the week on which the reminder should occur.
  - **Select Reminder Type(s):** Tap to place a checkmark (✓) beside the reminder type(s) you would like to add and enter all relevant information.
4. Tap **Save** at the top-right of the screen to enable the reminder(s).

## 2.7. View Graphs and Trends

Cornerstones4Care® Powered by Glooko makes visualizing your diabetes health easier by providing at-a-glance insights into your blood glucose data in the form of Graphs and Trends – and you can generate [reports](#) to save, print or share that data.

You can access Graphs and Trends by tapping **Trends** on the primary navigation bar.

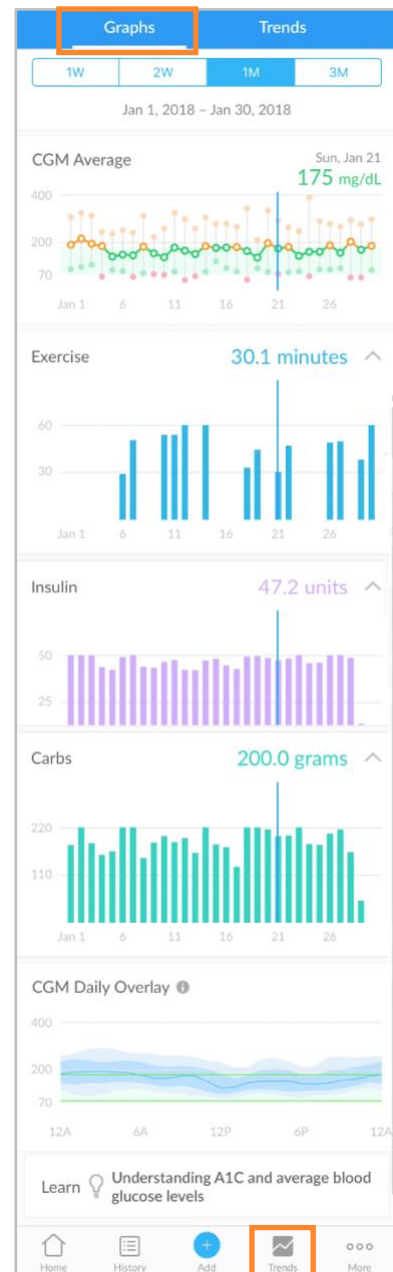
### Graphs

The Graphs tab displays visual representations of your BG/CGM, Exercise, Insulin and Carb data. Graphs can be viewed over a 1-week, 2-week, 1-month or 3-month time period.

To access Graphs:

1. Tap **Trends** on the primary navigation bar.
2. Tap the **Graphs** tab at the top of the screen.
3. The following Graphs will display:
  - BG Average/CGM Average
  - Exercise
  - Insulin
  - Carbs
  - BG by Time of Day/CGM Daily Overview
4. Tap the **down arrow (▼)** to expand any of the Graphs, and slide to the left or right to view greater detail by day.

**TIP:** If you have BG and CGM data available, you can select which Glucose Data Source will pull in Profile > [Settings](#).



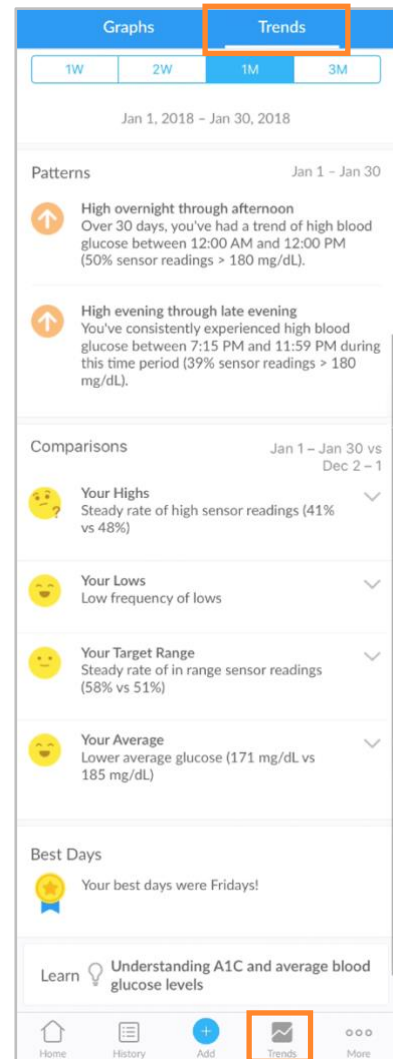
## Trends

The Trends tab displays Patterns, Comparisons and Best Days based on your BG/CGM data. Trends can be viewed over a 1-week, 2-week, 1-month or 3-month time period.

**NOTE:** A minimum of 15 days of data, with at least two readings per day, is required to provide insights.

To access Trends:

1. Tap **Trends** on the primary navigation bar.
2. Tap the **Trends** tab at the top of the screen.
3. The following Trends display:
  - **Patterns:** These identify times of day when your BG/CGM readings are notably high, low or in your target range. Patterns are only available in the 1-month date range and will only populate if they can be identified.
  - **Comparisons:** These help you monitor changes in your diabetes data over time by indicating how often your BG/CGM readings were high, low or in range for the time period selected as compared with the previous time period.
  - **Best Days:** These help you identify which days your diabetes health was most under control, based on your BG/CGM data.
4. Tap the **down arrow (▼)** to expand a Comparison to view greater detail.




**TIP:** If you have BG and CGM data available, you can select which Glucose Data Source will pull in Profile > [Settings](#).



## 2.8. Sync Fitness & Health Apps

With the Cornerstones4Care® Powered by Glooko app, you have the ability to integrate activity, blood pressure and weight data from leading third-party fitness and health apps. This allows you to visualize your activity data and how it correlates with your blood glucose and insulin data. To find out if your fitness or health app(s) are compatible with Cornerstones4Care® Powered by Glooko, reference the [Cornerstones4Care® Powered by Glooko Compatibility](#) page.

To sync your fitness or health app(s) with Cornerstones4Care® Powered by Glooko:

1. Tap  **Sync** at the top-right of the screen.
2. Tap **New Device**.
3. Select **Fitness and Health Devices**.
4. Place a **checkmark (✓)** beside the device(s) you would like to sync.
5. Tap **Add**.
6. Next, tap **Connect** to complete the setup process for each new device.
  - To complete the setup process at a later time, tap **Set Up** beside the device(s) on the Sync menu.
7. Follow the on-screen prompts to connect the device(s) to Cornerstones4Care® Powered by Glooko.

## 3. Reports Overview

With Cornerstones4Care® Powered by Glooko, it's easy to view and share your diabetes data. If there is data available in your account, you can save, print and share reports via the Cornerstones4Care® Powered by Glooko app.

For detailed information about the available reports and how to interpret your data, view the [Graphs](#) and [Trends](#) pages in the Cornerstones4Care® Powered by Glooko Support Center.

### 3.1. Available Reports

Available reports include:

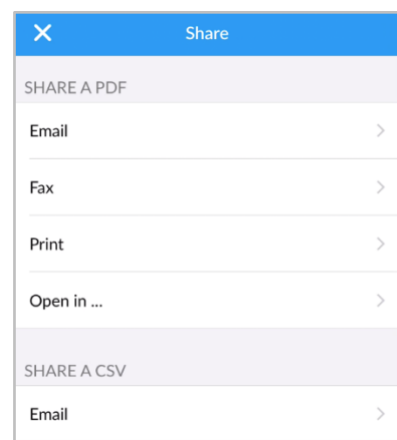
- Summary
- Logbook
- Overview
- Daily Overview
- Overlay
- Calendar
- Insights
- Devices

### 3.2. Create and Share Reports

When creating reports in the Cornerstones4Care® Powered by Glooko app, you can include all available data or select which data should display. You have the option to Email, Fax or Print a PDF report or Email your report in CSV format.

To create reports in the Cornerstones4Care® Powered by Glooko app:

1. Select **Share Report** from the side navigation bar (≡) on Android devices or the More menu on iOS devices.
2. Tap to select your desired sharing method.
  - If sharing a PDF, select a timeframe, your report criteria and preferred print option.
  - Tap the **Reports** (📄) icon at the top-right of the screen
3. Follow the on-screen prompts to generate your report.



## 4. Support

If you have questions, we're always happy to help. Our Support Team is available Monday through Friday, 8 a.m. until 8 p.m. ET. You can reach out to us in any of the following ways:

- Web Support: [c4c.glooko.com](https://c4c.glooko.com)
- Email Support: [c4c@glooko.com](mailto:c4c@glooko.com)
- Call Support: 1-800-206-6601, Option 1
- SMS Support: 650-720-5310

# Appendix: Additional Features

## A.1. Mobile Insulin Dosing System (MIDS)

Glooko's Mobile Insulin Dosing System (MIDS) is designed to help individuals with type 2 diabetes review, analyze, evaluate and communicate their fasting glucose readings to their clinician. The MIDS program will allow you to receive adjustments to your long-acting insulin between visits, based on the Treatment Plan configured by your clinician.

**MIDS is only available for patients whose healthcare provider prescribes the program. MIDS is for prescription use only. MIDS is designed to work with glucose readings that are reported in mg/dL and cannot safely be used with mmol/L values. To avoid harm please ensure that any glucose meters being used with the Glooko system are set for glucose values in mg/dL.**

To learn more about MIDS, reference the [Glooko MIDS for Patients User Guide](#).